Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

DAY 2 AVALANCHE WEEK

BURIED ALIVE

IN PART 2 OF 5, METRO TAKES A LOOK AT ONE MAN'S NEAR-DEATH EXPERIENCE IN THE B.C. BACKCOUNTRY THAT CONTINUES TO LURE MANY PAGES 4 & 5

$3,000,000 estimated
LOTTO 649
Wednesday's Jackpot

LONDON metro®
Tuesday, January 29, 2013
News worth sharing.
metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

Week's forecast full of HIGHS AND LOWS

Kim Thompson, 24, of London, squints away icy rain Monday morning as she makes her way gingerly along a slush-covered Richmond Street sidewalk. Environment Canada is calling for highs of 12 C, as well as rain, for Tuesday and Wednesday. Temperatures are expected to drop significantly overnight Wednesday, though, with highs of -5 C and -7 C, along with snow, expected for Thursday and Friday. Story, page 2. ANGELA MULLINS/METRO

School gets lift

East end. Proposal pitched by city would see neighbourhood centre launched to help Lorne Avenue facility keeps its doors open

In other news

- The city will formally unveil its cultural prosperity plan at noon Wednesday in council chambers.
- The plan is designed as a road map for celebrating cultural assets and tying them to economic growth.
- The presentation will include a look at the economic impact of culture.

The city is floating a plan — and a big investment — that could help keep Lorne Avenue Public School open.

A portion of the school could be turned into a child-focused neighbourhood centre, Mayor Joe Fontana said Monday. The proposal, expected to cost about $1 million, will be discussed in more detail next week when councillors debate 2013 capital budgets.

The plan, city politicians said, has received backing from Thames Valley school trustee Peter Jaffe, chair of a committee reviewing the possible closure of four local elementary schools.

District administrators have said Lorne Avenue should be closed, citing declining enrolment.

Jaffe's committee is expected to recommend Thursday that the east-end school remain open and community partners be brought on board to lease extra space — 40,000 to 45,000 square feet.

Along with the city, those partners could include Fanshawe College and the London Economic Development Corp., according to a letter from the Old East Village BIA.

Keeping the school open is a must for east-London revitalization efforts, Fontana said.

"You've got a community resource, a school, located in the right place for a new, developing, reinvigorated sort of Old East," he said. "If we didn't do it, it could essentially go out to the private sector for God knows what."

The neighbourhood centre at Lorne Avenue would operate like those pitched for other parts of the city, hosting everything from parenting programs to pre-natal screenings.

Money is available to cover operations, Fontana said. The biggest challenge, will be setting aside capital dollars for renovations needed to get the centre up and running.

Earmarking money aside in the 2013 capital budget would, in essence, be a "wedding ring" on the finger of a deal with the school board, said Coun. Stephen Orser, whose ward includes the school.

The money likely won't be needed until next year, Fontana said. ANGELA MULLINS/METRO

Group united against PM

Common Causes seeks 'fair, more just society' PAGE 2

Opposition pounces

NDP, Tories aren't waiting to make demands of Wynne PAGE 3

Getaway on a plate

Mango salsa brings tropical flavour to fish PAGE 11

It's that time of the year ...

Contribution plans help limit stress of RRSP season PAGE 13

NEWS 1

Activists band together to push anti-Harper agenda

Common Causes.
Groups hope to rally strength before next federal election

ANGELA MULLINS
angela.mullins@metronews.ca

Canadians from various walks of life have joined forces to fight the Conservative government's policies on everything from labour to aboriginal issues.

Common Causes — an umbrella group representing the social movements of nearly 50 groups — officially launched Monday, organizing nationwide protests as legislators returned to the Hill from winter break.

London North Centre MP Susan Truppe was the target in London with about 25 people rallying outside her King Street office. The group delivered a bucket of postcards raising concerns about Conservatives' stances on topics including fracking, a trade agreement with the European Union, and women's issues.

A staffer who greeted the group at Truppe's door promised to pass the information along.

Voters need to wake up and smell the Conservative coffee, several protesters said. Canada is suffering under Prime Minister Stephen Harper and it's time for a change, they said.

Common Causes hopes to become a rallying point for that change, especially as the nation moves toward a planned election in 2015.

"A lot of it's drawing unity and getting people together, to stand up for all the different causes," protester Kevin Jones said during the rally. "A lot of these causes are interconnected."

Overall, the group plans to push toward a "fair, more just society," said Tim Carrie, president of Canadian Autoworkers Local 27.

"Our objective is to try to get the kind of Canada we used to recognize," he said. "I don't see Harper's agenda changing.

"This is about saying, 'We're tired of this kind of government.'"

On the web

For more on Common Causes, along with tweets and pictures from other Monday rallies, visit commoncauses.ca.

Andrea Jibb, 29, gives her two cents Monday as Rod Morley, president of the Council of Canadians' London chapter, left, delivers a "bucket list" of concerns to MP Susan Truppe's constituency office (546 King St.). ANGELA MULLINS/METRO

Wacky workweek weather in London

Anthony Pauli, 2, gets a lift from dad Trevor and mom Marcia as they negotiate a slush puddle at Richmond and Dundas. ANGELA MULLINS/METRO

This week, if you haven't clued in already, is going to be a strange one weather-wise.

A smorgasbord of precipitation is expected to touch down in London as Mother Nature flip-flops between typical and atypical late-January conditions.

"In the span of literally one workweek, we're looking at very significant differences," said Geoff Coulson, a meteorologist for Environment Canada.

Tuesday and Wednesday could be the warmest days in London on record for the second- and third-last days of January, Coulson says. The record highs for Jan. 29 and Jan. 30 are 8.9 C and 9.1 C, respectively. Forecasts call for highs of 12 C each day.

"We've had an incredible change in temperatures, from the very cold temperatures (over the weekend), which eventually gave way to freezing rain, to potentially breaking records for the warmest temperatures," he said.

"Notable amounts" of rain will accompany these mild winter weather temperatures, until a cold front sweeps through on Wednesday night, Coulson adds. When that occurs, a snow squall warning could be in effect as early as Thursday morning.

To complicate matters even more, fog is also part of the forecast for the next couple of days.

With all of this uncertainty in mind, Coulson's best advice to travellers is to keep an eye on the local forecast, drive with caution, and remain educated on what kind of regional weather you could encounter if you decide to leave town.

JOHN MATISZ/METRO

Online

To view a photo blog of London's super soggy Monday, visit metronews.ca.

For more info on school and bus cancellations, visit:

- **Public:** TVDSB.ca
- **Catholic:** ldcsb.on.ca

Extendicare

New partner for Dearness Home

The city announced a partnership with Extendicare (Canada) regarding operations at the Dearness Home effective Friday.

In June 2012, peopleCare Inc. was brought in to temporarily assist with operations of the seniors home. The initial arrangement provided for a three-month contract that was extended to eight months. METRO

Chris Harvey

New CEO for Boys & Girls Club of London

The board of directors of the Boys & Girls Club of London announced the appointment of Chris Harvey as new chief executive officer, effective April 1.

Harvey will take over the position from Don Donner, who has been a part of the organization for the past 35 years. METRO

Hall of Fame

Pick your favourite London athletes

Nominations are now being accepted for 2013 induction into the London Sports Hall of Fame. Nominators should provide basic information about their nominee and a list of sporting accomplishments, supporting documentation, and photo. Nominations must be submitted by Feb. 28. Forms are available at londonsportscouncil.ca. METRO

Fundraiser

Manuary shave-off on Thursday

The hirsute pursuit will come to an end Thursday.

Men participating in the Manuary fundraiser for head and neck cancer research will head to Up Front at the Market at 7 p.m. to shave off their beards.

There will be door prizes, live music, and the total amount raised will be revealed. For more information, visit manuary.ca. METRO

West end

3 hospitalized following fire

Three people were taken to hospital with non-life-threatening injuries following a house fire in London's west end. All three were suffering from smoke inhalation and were transported to hospital by EMS.

The fire started Sunday night at a home on Poppy Court. Damage is estimated at $200,000. AM980/AM980.CA

Wynne. Opposition parties making demands on new premier-to-be

Ontario's incoming premier has yet to be sworn in, but the opposition parties have already put forward demands they want her to meet as she looks to keep the minority Liberal government alive.

NDP Leader Andrea Horwath said Monday she wants Liberal leader Kathleen Wynne to call a public inquiry into the politically motivated cancellation of two gas plants, which cost Ontario taxpayers at least $230 million.

The move would likely be disastrous for the governing Liberals, but Horwath said she isn't aiming to burn any bridges that Wynne is trying to build with her party.

Kathleen Wynne
THE CANADIAN PRESS

Progressive Conservative Leader Tim Hudak said he wants Wynne to immediately announce spending cuts to help eliminate the $12-billion budget deficit.

THE CANADIAN PRESS

Crime

Charges laid in 2 weekend busts

London police announced weapons and drug charges Monday after executing two search warrants over the weekend around Maitland and Simcoe Streets.

Dinish Barnes, 28, and Khamara Dalamba, 18, both of Brampton, face multiple weapons and drug charges. Dalamba is also charged with failing to comply with a condition of his recognizance.

Joseph Godin, 47, of London and Raheem Saunders, 19, of Brampton, also face drug charges. Saunders has other charges, including misleading police. METRO

Business Achievement Awards. Finalists named

London's top businesses will be honoured at a March 20 gala at the convention centre, hosted by the chamber of commerce.

The nominees for the 30th annual awards were announced Monday:

Business of the year (small company):
— Jill's Table
— Waste Solutions Canada
— Lashbrook Public Relations
— Strik Baldinelli & Associates Ltd.

Business of the year (medium company 2013)
— Service Experts Heating & Air Conditioning
— Davis Martindale LLP:
— Tribe Medical Group
— CultureWorks ESL

Business of the year (large company)
— Autodata Solutions Inc.
— JMP Engineering Inc.
— Cargill Value Added Meats – Food Service
— McCormick Canada

Environmental leadership award
— On the Move Organics
— Churchill Logistics

Excellence in human resources Award
— HR Downloads
— Voyageur Transportation Services

Innovation award
— Big Blue Bubble Inc.
— Diagnostic Biochem Canada Inc.

METRO

Western U ups its international appeal

'Building block'. Language centre will help linguistic, education research, president says

JOHN MATISZ
john.matisz@metronews.ca

Western University is meeting two needs by launching a student centre that doubles as a research laboratory.

Western president Amit Chakma introduced an English-specific language centre on Monday. It's something he proudly labels a "building block" for the school, as it strives to become more attractive to prospective international students.

Over the next three years, 150 international students are scheduled to learn English in the centre. Eventually, a number of faculty members and graduate students will be able to use findings from the teachings as empirical evidence in their linguistic and education research.

The hub launch comes nearly a year to the day of the school's official rebranding from the University of Western Ontario to Western University. A core motive in the Jan. 26, 2012, unveiling of a new name and logo was to better appeal to potential students who reside outside of North America.

In front of a crowded Althouse College room, Western University president Amit Chakma explains the English language centre's benefits to the campus community during a launch event on Monday. JOHN MATISZ/METRO

"Over time, not only will we be teaching students, but we'll be able to conduct research," Chakma said. "In short, really, this becomes an element of various things that we do at the university. It's not an ancillary operation."

Matt Bazely, administrative director for the new centre, says Western has partnered with ESL companies in the past, but this is the first time it will have an internal program.

"This is more than just simply preparing students for university," Bazely said. "It's that, and it's also an opportunity for us to research, publish, be a lab school."

The university is funding the initiative's launch but, moving forward, it will be "revenue sufficient," Bazely says, fundamentally becoming a business venture for the faculty of education.

"It lays the foundation for us to integrate — if you will — ESL with the mainstream activities of the university," Chakma added.

About 60 students will be part of the first class this September. The centre will be located inside Althouse College, the building that houses the faculty of education.

Crossing borders

- Western has about 1,600 undergraduate and 800 graduate international students.
- This makes up less than one per cent of the approximately 28,000-person full-time student body.
- Their international students hail from 60 countries. The top three countries of origin are China, Iran and Trinidad and Tobago.

London researcher named Rising Star

A local researcher has been named one of Prostate Cancer Canada's Rising Stars in Prostate Cancer Research.

Dr. Hon Leong, a researcher at Western University and Lawson Health Research Institute, will receive $150,000 each year for three years, funded by the Movember Foundation.

"This award is really important because it means that we're doing something clinically relevant for all prostate cancer patients," Leong said in a news release.

This funding will support Leong's research into a potentially more accurate prostate cancer-screening tool.

Dr. Hon Leong
CONTRIBUTED

Leong's research will evaluate the accuracy of a blood test measuring prostate cancer fragments.

The Rising Star program enables scientists in the first five years of their first academic or research appointment to work with an experienced mentor in prostate cancer research.

METRO

Call of the mountain lures powder hounds

Extreme winter sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains

KATE WEBB
Metro in Vancouver

Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite it teaching him some hard lessons. TYLER RIDDELL/CONTRIBUTED

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Hanke, 35, said before long snowboarding took over his life entirely. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Fernie, Canmore, Banff, Alta., Golden, B.C. and finally Revelstoke, B.C., where he eventually settled.

By 25 he had dabbled in professional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

What he didn't realize was that despite all his avalanche safety training, someone else's lack of experience almost cost him his life.

Jeremy Hanke turned to a career as an avalanche safety educator several years after surviving one. MATT KIELTYKA/METRO IN VANCOUVER

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the somewhat optimistic yellow zone (the zone in which experts say most accidents happen).

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion just below, as well as Hanke and three of his friends, under up to two metres of snow.

Waiting to be rescued

> **"I kind of just lost that hope for the last minute and went to sleep."**
> Jeremy Hanke

"There's one rule in the backcountry — you never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained of what went wrong. "No fault of their own, I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels: the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending a total of eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked in worse shape than he was, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour, and did not survive.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche safety educators, who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time, but continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

Exclusively online

Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/backcountry.

DAY 2
THE RISK

Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

Emma-Jane Hetherington ski tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.
DYLAN LABELLE/FOR METRO

Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And while there are dangers associated with venturing into the mountainous backcountry, experts say with proper risk management, they are outweighed by the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access, that's not the answer," says Brent Hillier, an avalanche skills training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Parks Canada has enforced a season-pass system for users of Glacier National Park in an effort to keep a record number of backcountry users safe.
CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder flying over your forehead all day long. It's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing, people love this area. It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the national avalanche-related death rate hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users," he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With $200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

Backcountry by the stats

14
The annual national avalanche-related death rate, according to the Canadian Avalanche Centre.

7,000
The number of people who take an Avalanche Skill Training course each year.

1.4M
The number of requests — 1,413,230 to be more precise — for public avalanche forecasts in 2011-12.

124%
The increase in users at Glacier National Park from 2009 to 2012.

Flight. Monkey in rocket launched into space: Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

It's now all fun AND games on Funny 1410!
TORONTO MAPLE LEAFS
Toronto Maple Leaf Play-by-Play.
Follow every game exclusively in London on Funny 1410.
No Joke!
Funny1410AM
COMEDY RADIO

One-percenters rake in 10th of Canada's income

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least $201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from a 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

Andrew Sharpe, executive director of the Centre for the Study of Living Standards, says he doubts the new data indicates a trend to greater income equality because top earnings are more dependent on investments and capital gains. "It's likely a cyclical phenomenon," Sharpe said.

THE CANADIAN PRESS

Rich women

53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

Do you suffer from Diarrhea Predominant Irritable Bowel Syndrome or IBS-d?
Join a clinical research trial to evaluate the effectiveness of an investigational medication, or inactive placebo, for Irritable Bowel Syndrome with diarrhea.
Contact us now, see if you qualify!
Qualified Participants will be compensated up to $$$.00/visit
Contact KGK Synergize Clinic:
519-858-8259
KGK synergize

Music streaming

Rdio offers free six-month trial

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

Users can sign up for the free trial at rdio.com. Afterward, plans cost $4.99 a month for unlimited web streaming, or $9.99 for unlimited web and mobile access. LUKE SIMCOE/METRO

Market Minute

DOLLAR
99.35¢
(Unchanged)

TSX
12,815.91 (-0.71)

OIL
$96.44 US (+56¢)

GOLD
$1,652.90 US (-$3.70)

Natural gas: $3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books, DVDs and housewares, but mostly, there were clothes. Oh, the clothes; piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts; some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted cast-offs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes and eyed each other competitively as they ravaged the mounds of silky blouses and novelty printed tank tops.

Swap till you drop

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a $39.99 pair of "leather" leggings.

Human beings spend more than $1 trillion a year on clothing worldwide — an estimated one third of those consumers come from North America. A significant percentage of this industry can be accredited to the enticing appeal of the ill-fitting runway knockoffs churned out en masse by monolithic European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trend-driven clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers. Not only for ethical and environmental considerations, but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Fashion Star today, cast-offs tomorrow.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica Napier on Twitter @MetroSheSays

A whale of a suite deal

CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view

"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."

Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- **Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona ($506).
- **Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30 degrees outside.
- **Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

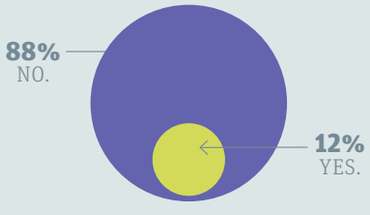
"If we set up 'no take zones', such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?



Twitter

@k_ksmith:
Back to work 4 straight morning and two nights tomorrow. Including a double or potentially a triple on friday #onthegrind

@Jvonwahl11:
If you don't love your current life, go live one that you do love... Drop the fear and reach for liberation.

@orangeheromama:
Phew! Drive to school and work wasn't nearly as bad as I was expecting! :)

@MelRaeStewart:
Want to use Social Media to find a job and create a professional web presence?Feb5th, 2013 4:00pm Middlesex College, 110 #WesternU

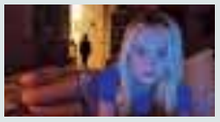
@UVSoaked:
Free. Zing. Rain. #LdnOnt

@JerzSmolarek:
Thank you to all 304 Londoners who stopped by the @ReThinkLdn booth at the #ldnont Home Show and gave lots of great feedback! #awesome

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

DVD review



Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexondra Lee

●●●○○

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL

The Awakening

Director. Nick Murphy

Stars. Rebecca Hall, Dominic West, Imelda Staunton

●●●○○

Boos are few in this period ghost tale, set in the London of 1921, unless you count the frightful sights of a land ravaged by a flu epidemic and the First World War. The chill of English moors and boarding schools seeps through the screen in this feature film debut by TV director Nick Murphy, who also co-wrote the screenplay (with Stephen Volk). It's routine stuff as horror setups go, especially if you've seen such obvious influences as The Orphanage and The Others.

PETER HOWELL

Ashton Kutcher stars in jOBS, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

Gun control. Stephen King offers his take on issue in essay released Friday

Horror writer Stephen King is seeking to provoke a discussion on gun control and gun rights following the school shooting massacre in Newtown, Conn.

The Maine native is a gun owner.

He calls for three "reasonable measures" to curb gun violence in an essay titled Guns, released Friday as a Kindle single through Amazon.

King says he wants background checks on all gun sales and bans on high-capacity magazines and military-style weapons like the rifle used in the Newtown shooting, which killed 20 children and six school officials.

King describes a pattern of mass shootings in which anger and frustration give way to political rhetoric before discussions of gun control "disappear into the legislative swamp."

He says on his website: "If this helps provoke constructive debate, I've done my job."

THE ASSOCIATED PRESS

Stephen King has penned an essay titled Guns. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross is in all sorts of trouble, as is the delightful Chris Brown

THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

Randy Quaid

Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Ben Affleck and Jennifer Garner
ALL PHOTOS GETTY IMAGES

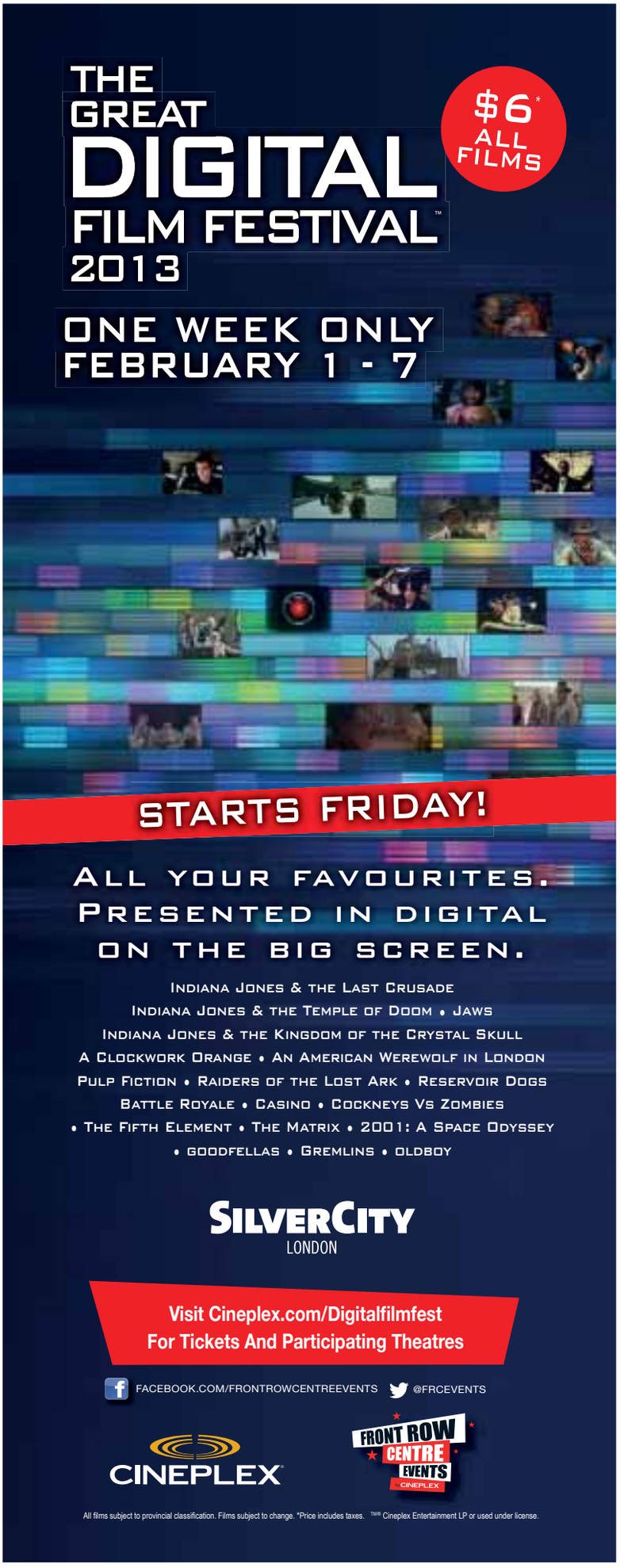
Twitter

@ParisJackson
is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head

@arnettwill
just saw one of those commercials for milk. glad they have those. almost forgot what milk was.

@ABFoundation
Disregard that last tweet. Someone hacked me.

@Bitchuation
The USA is the Las Vegas of the world.


THE GREAT DIGITAL FILM FESTIVAL™ 2013
$6* ALL FILMS
ONE WEEK ONLY
FEBRUARY 1 - 7
STARTS FRIDAY!
ALL YOUR FAVOURITES.
PRESENTED IN DIGITAL
ON THE BIG SCREEN.
INDIANA JONES & THE LAST CRUSADE
INDIANA JONES & THE TEMPLE OF DOOM • JAWS
INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL
A CLOCKWORK ORANGE • AN AMERICAN WEREWOLF IN LONDON
PULP FICTION • RAIDERS OF THE LOST ARK • RESERVOIR DOGS
BATTLE ROYALE • CASINO • COCKNEYS VS ZOMBIES
• THE FIFTH ELEMENT • THE MATRIX • 2001: A SPACE ODYSSEY
• GOODFELLAS • GREMLINS • OLDBOY
SILVERCITY
LONDON
Visit Cineplex.com/Digitalfilmfest
For Tickets And Participating Theatres
FACEBOOK.COM/FRONTROWCENTREEVENTS
@FRCEVENTS
CINEPLEX
FRONT ROW CENTRE EVENTS
All films subject to provincial classification. Films subject to change. *Price includes taxes. ™ Cineplex Entertainment LP or used under license.

Health

Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise, especially after meals, the journal of the American College of Sports Medicine reports.

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

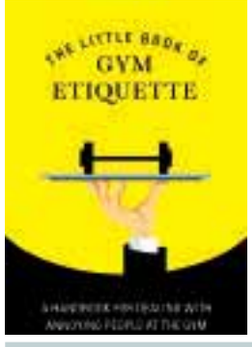
LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to focus on themselves," Pines says.



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

"That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

Miracle onion cure lacks its purported magic

MEREDITH ENGEL
Metro World News

It sounds like such a simple solution for fending off the dreaded flu: leave a peeled onion around your house, and it'll absorb any flu virus that's flying around.

Not so much, says Kim Reddin, the director of public and industry relations at the U.S. National Onion Association.

She says the rumour is an old wives' tale that has taken on new vigor in the wake of this year's flu epidemic.

"For you just to cut an onion open and have something leap onto it, germs don't behave that way," she says. "They have to live in some moist environment. There isn't any food product that's a magnet (for) bacteria."

Reddin is quick to dispel a chain letter that's currently circulating, saying that the "facts" in it — that leftover onions are poisonous and that leaving them out is a way to fight off the flu — came from different sources.

The idea of leftover onions being poisonous came in 2008 from a blogger who had her facts wrong about food safety.

In 2009 or 2010, Reddin says, the second claim was added to the letter: that a peeled onion can absorb the bacteria that leads to the flu.

"There's no scientific evidence that this really works," she says.

"This stems from a very old wives' tale, before people even had discovered what these bacteria were. They believed that putting garlic and onions in your home was a way to fight off evil spirits, vampires and illnesses."

Massachusetts-based microbiologist Dr. Ted Myatt was quick to second Reddin's thoughts.

"(It's) pure fiction, as you might imagine. The thought (was) that the plague was caused by 'noxious air' and that the onions absorbed the bad air. After the plague, this same remedy was used for smallpox and influenza. But unfortunately, onions do not absorb microorganisms and can not 'purify' the air."

But there is one piece of information in the aforementioned chain letter that's indeed true: that onions are harmful to dogs.

"Dogs and cats can get extremely ill if they eat onions, and the bottom line is your pets should not eat table scraps," Reddin says.

Tropical escape on a plate: Swordfish with Mango Salsa

ROSE REISMAN
for more, visit
rosereisman.com

Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

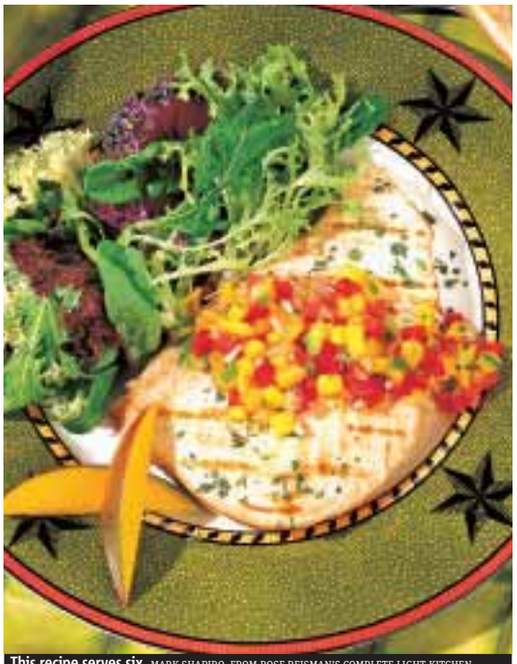
3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 15 minutes
Cook time: 10 minutes

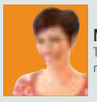
- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Good ol' topical coffee



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Dinner. Whole-Grain Penne Bella Stagione

1. In sauté pan on medium-high, heat 45 ml (3 tbsp) olive oil; add onion. Cook until translucent. Add celery and crumbled sausage and sauté 7 mins. until sausage has browned.

2. Add diced tomatoes, hot pepper flakes and water; season with salt. Bring to boil, reduce heat and simmer 15 mins.

3. In meantime, bring a sufficient amount of salted water to boil and cook pasta according to package directions. In frying pan, heat remaining olive oil and add eggplant and zucchini. Sauté 7 mins. or until vegetables are tender but crisp. Set aside. Remove sauté pan from heat; add basil, cover and let stand 5 mins.

4. Add pasta to sauce and mix well. If sauce too thick, add little stock to desired consistency.

5. Serve pasta in a dish garnished with the sautéed vegetables, freshly grated Parmigiano-Reggiano and a thread of olive oil. THE CANADIAN PRESS/CREATED BY CHEF STEFANO FAITA FOR BARILLA, BARILLA.CA.

Ingredients

- 90 ml (6 tbsp) extra-virgin olive oil, divided, plus extra for garnish
- 1 small onion, diced
- 1 to 2 celery stalks, diced
- 175 g (6 oz) Italian pork sausage (1 or 2), casing removed and crumbled
- 1 can (398 ml/14 oz) diced tomatoes
- 2 ml (1/2 tsp) hot pepper flakes
- 150 ml (2/3 cup) water
- Salt, to taste
- 1 box (454 g) whole-grain penne rigate
- 1 medium eggplant, peeled and cut in cubes
- 2 small zucchini, cut in cubes
- 4 to 5 basil leaves
- Freshly grated Parmigiano-Reggiano, to taste

Take your taste buds to Mexico with Baked Burritos

Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

Look for "no fat" and "no added oil" when shopping for healthier pasta sauce options. Plus, stock up on spices. Cayenne pepper adds the Mexican flare without adding sodium.

Want to quickly add more protein to your burritos without the extra sodium? Use downtime to roast a whole chicken. Remove meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

Ingredients

- 2 small 6-inch (15 cm) low sodium multi-grain flour tortillas
- 1/2 cup (125 ml) low sodium refried beans
- 1/2 cup (125 ml) each shredded carrots and zucchini
- 1/2 cup (125 ml) diced cooked chicken
- 1 1/4 cup (300 ml) Healthy Choice Traditional pasta sauce, divided
- 4 tbsp (about 1/2 cup/ 125 ml) shredded cheese
- 1/2 tsp (1.25 ml) cayenne pepper (optional)
- 1 tbsp (15 ml) finely chopped cilantro, for garnish
- 1/4 cup (50 ml) guacamole (optional)

1. Preheat oven to 375 F (190 C); place tortillas on working surface.

2. On each tortilla, evenly spread 1/4 cup (50 ml) beans; top with 1/4 cup (50 ml) each: shredded carrots, zucchini and diced chicken. Top with 1/8 cup (30 ml) Healthy Choice Traditional pasta sauce. Roll each tortilla around ingredients and place seam-side down in ovenproof baking dish.

3. Top with 1 cup (250 ml) Healthy Choice Traditional pasta sauce and shredded cheese and sprinkle with 1/8 tsp. (0.6 ml) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.

4. Garnish with freshly chopped cilantro and serve with an optional side of guacamole.

NEWS CANADA/HEALTHYCHOICECANADA

This recipe serves one. NEWS CANADA

And the award for best person goes to ...

Gender neutrality. Will acting award shows ever ignore a person's sex and allow men and women to compete for the same honours?

Do Meryl Streep, Anne Hathaway and Helen Mirren really need a category just for women — a singular kind of affirmative action — to snare one of Hollywood's favourite accessories, an Oscar, Emmy or Screen Actors Guild trophy?

In a society tilting steadily toward gender neutrality, the separate-but-equal awards that divide actors into one camp and actresses into another have the whiff of a mouldy anachronism. True, the Association for Women in Science gives honours to encourage female success in male-dominated fields. But to mark enduring achievements, would its members ever yearn for a Women's Nobel Prize in physics? In contests of intellect or artistry, should gender ever matter?

"It's not like it's upper body strength," Gloria Steinem dryly observed of the requirements of acting. The separate labelling of male and female performers is losing favour in the industry. Actresses often swat the distinction away by calling themselves "actors," standing shoulder to shoulder with their male counterparts.

Usherettes are long gone from cinema lobbies, after all. And defence officials said Wednesday the Pentagon will lift its ban on women in combat. SAG, which holds its awards ceremony Sunday, edged toward neutrality with its trophy dubbed the Actor, although the guild gives separate honours to best performance by a male actor and female actor. That cracks the door open, but only slightly. Fling it wide so that Daniel Day-Lewis' majestic performance in Lincoln and Jessica Chastain's steely turn in Zero Dark Thirty vie for the grand prize!

That may be progress in theory for performers, but not in practice, according to Sally Field, a SAG and Oscar best supporting actress nominee for Lincoln. "If you do that you won't see any actresses up there (on stage) at all," she said. "The percentage of roles is so weighted toward actors. That's the way it's always been."

Exactly, concurred Naomi Watts, The Impossible best actress SAG and Academy Award nominee. "Yes, we should be able to have the same things as much as possible ... (but) life's a battle already and there's so many great roles written for men. Women are at a disadvantage when it comes to volume."

Hathaway, in the running for SAG and Oscar supporting actress honours for Les Misérables, considers the gender split "an awesome question worthy of an awesome debate."

"Can I conceive of a world where performance becomes a genderless concept? Absolutely. Do I think it's going to happen anytime soon? No," she said.

So what's the problem? A quick numbers check makes it clear: Females comprised about a third of the characters in the 100 top-grossing films in 2011, according to the Center for the Study of Women in Television and Film at San Diego State University. This, despite the fact women make up slightly more than half of the U.S. population. And the finding isn't an anomaly, according to the centre's past research. In this context, feminist leader Steinem sees legitimate reason to retain separate acting awards. When two unequal groups are combined, it's the less-powerful one that loses, she said, as when 20th-century U.S. school desegregation led to mass layoffs of black principals and administrators.

Hollywood, often viewed as staunchly progressive, shows no indication of abandoning tradition in the awards arena.

The Oscars Awards, a reflection of their time, launched in the 1920s with his-and-hers acting trophies (for Emil Jannings and Janet Gaynor) and stuck with the formula.

Television showed its modernity by kicking off the Emmy Awards in 1949 with a gender-neutral trophy for best TV personality — which was won by a woman, Shirley Dinsdale — according to Emmy archives.

Following Oscar's lead, however, the Emmys quickly added separate actor-actress contests in 1951. A best reality host category, begun in 2008, is open to men and women.

In the behind-the-scenes film and TV categories in which the sexes compete, women rarely make it on stage at awards ceremonies. The Oscars started in 1929, but it wasn't until 2010 that the first woman, Kathryn Bigelow, was honoured as best director (The Hurt Locker). Stats again provide clarity: Women made up a paltry nine per cent of the directors on 2012's top-grossing films, a new San Diego State University study found.

Let's give two-time Oscar winner Field the last word in this debate. Actresses "should be in their own category because they ARE in their own category," she said. "They face their own specific kind of difficulties surviving in this business that actors, bless their hearts, don't face."

THE ASSOCIATED PRESS

Quoted

"It's not like it's upper body strength."

Feminist, journalist, activist Gloria Steinem
On how gender shouldn't matter in contest for intellect and artistry.

Quoted

"It's an awesome question worthy of an awesome debate."

Actress Anne Hathaway
On the subject of gender neutrality in the acting business.

Journalist Gloria Steinem is in favour of gender neutrality in acting. CANADIAN PRESS

Have a 'good' fight with your partner. Discover the real reason why you clash and argue

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them. METRO NEW YORK

Discover the real reason why you fight with your partner. ISTOCK PHOTO

Avoiding the stress of RRSP season

Alison on Money.
Setting up an automatic contribution plan will help you deal with this stressful time

YOUR MONEY
Alison Griffiths
money@metronews.ca

RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is $22,970. However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited.

In numbers

$69,426.19

The value of $100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

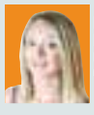
Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Retirement savings

Fitting the lottery into your financial plan



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Don't expect to win any bags of money — lottery odds aren't too favourable. ISTOCK IMAGES

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how $20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing $25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP.

If you started contributing $25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have $335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total $670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Follow Lesley on Twitter @LesleyScorgie

It could have been last year!
MAKE SURE IT'S THIS YEAR!
CAREER TRAINING IN:
Medical Office Administrator
Health, Fitness and Nutrition Consultant
Addictions and Community Services Worker
Legal Administrative Assistant
CALL NOW FOR MORE INFORMATION!
1-866-839-4232
www.EverestToday.ca
Everest
COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
LONDON
16 CONVENIENT LOCATIONS IN ONTARIO
Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

Sharks captain Joe Thornton celebrates his first-period goal against the Canucks on Sunday night in San Jose. With 13 points in five games, London's Thornton is tied for the NHL scoring lead with teammate Patrick Marleau. THEARON W. HENDERSON/GETTY IMAGES

Aging Sharks still apex predators

NHL. Marleau's scoring, Thornton's playmaking have San Jose off to its best-ever start

Patrick Marleau and Joe Thornton have found the perfect way to silence the talk about whether their window for success is closing in San Jose.

With Marleau scoring goals at a record pace to start the lockout-shortened season and Thornton at his playmaking best, the Sharks have won their first five games to get off to the best start in franchise history.

The fast start comes nine months after an early finish last season when the Sharks were eliminated in five games by the St. Louis Blues in Round 1 of the playoffs. The step back after two straight trips to the Western Conference finals raised questions about whether a club led by 33-year-olds Thornton and Marleau had missed its opportunity to win a Stanley Cup.

"Every year you have to earn respect," London's Thornton said Monday. "It's not given to you. We've had good years in the past. Obviously, people might be doubting us a little but this year just because people say, 'You guys are getting old, you're 33, Joe and Patty.' We still have lots left in the tank. We still feel like we're one of the elites in the West."

They have done that so far, winning their first five games in commanding fashion. San Jose has outscored its opposition by 15 goals and is the third team in NHL history to win its first five games by at least two goals.

The Sharks have the top line of Thornton, Marleau and Joe Pavelski to thank for the early success.

Marleau became the first player in nearly a century to score at least two goals in the first four games, joining Ottawa's Cy Denneny in 1917-18 as the only NHLers ever to achieve that feat. Marleau added a ninth goal in Sunday night's 4-1 win over Vancouver, even though the streak of two-goal games came to an end.

"It's something that was fun," Marleau said. "It was helping the team. It was kind of special. The pucks are bouncing right at the right time and going off me. It was fun."

THE ASSOCIATED PRESS

By the numbers

9

With nine goals and four assists, Patrick Marleau is tied with teammate Joe Thornton (three goals, 10 assists) for the NHL scoring lead and has single-handedly out-scored San Jose's opponents 9-8.

Quoted

"I thought it might take me a little bit. But obviously playing with two guys who had been playing overseas, that helped me out a lot out there."

Patrick Marleau, who is off to a historically fast start despite not playing any games during the lockout in contrast to linemates Joe Thornton and Joe Pavelski, who went to Europe.

Golf

Tiger takes another one at Torrey Pines

Tiger Woods is a winner again at Torrey Pines, and the only question Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his 2008 U.S. Open win. THE ASSOCIATED PRESS

Tiger Woods celebrates Monday's win at Torrey Pines in La Jolla, Calif. GETTY IMAGES

NHL

Subban strikes 2-year deal to stay a Canadien

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, $5.75-million US contract on Monday.

He will make $2 million the first year after having earned $875,000 last season on an entry-level contract.

THE CANADIAN PRESS

Gore gets his chance to shine with Niners

Running back Frank Gore celebrates after scoring a touchdown against the Packers on Jan. 12 in San Francisco. STEPHEN DUNN/GETTY IMAGES

Frank Gore never lost hope.

Not through all the injuries, all the losing early in his career.

That perseverance finally paid off this season for the San Francisco running back.

The 29-year-old Gore helped the 49ers reach the Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip injury.

Not to mention, Gore didn't experience winning in the NFL until his seventh year.

"It was tough, real tough," he said Monday. "It was tough coming to work, especially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, fullback Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sunday.

"It means a lot to him," Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

The Ravens have their own threat out of the backfield.

Like Gore, Baltimore's Ray Rice has been overshadowed by more prominent teammates, namely quarterback Joe Flacco and retiring linebacker Ray Lewis.

Gore is a power back, someone who can churn out the tough yards between the tackles, while Rice is more of a slasher who can dart through the small openings to break off big gains. THE ASSOCIATED PRESS

Quoted

"He can do it all.... I love to watch him."

Niners running back Frank Gore on his Ravens Super Bowl counterpart Ray Rice

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

♊ Gemini
May 22 - June 21
You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

♋ Cancer
June 22 - July 23
It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

♌ Leo
July 24 - Aug. 23
You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

♍ Virgo
Aug. 24 - Sept. 23
Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

♎ Libra
Sept. 24 - Oct. 23
You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

♏ Scorpio
Oct. 24 - Nov. 22
You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

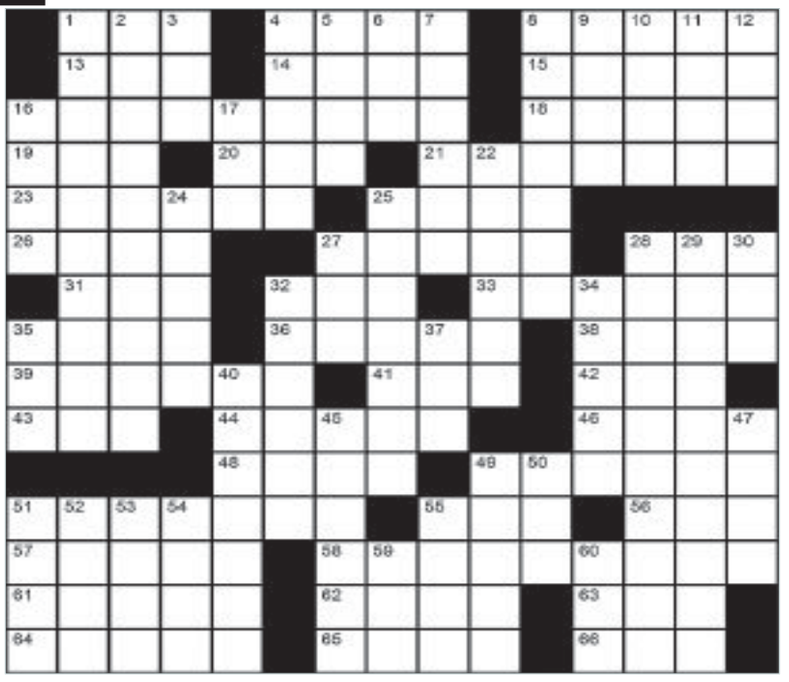
♑ Capricorn
Dec. 22 - Jan. 20
A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

♒ Aquarius
Jan. 21 - Feb. 19
You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

♓ Pisces
Feb. 20 - March 20
How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

Crossword: Canada Across and Down

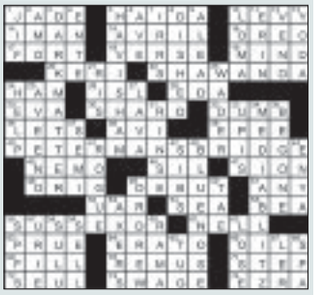
BY KELLY ANN BUCHANAN



Across
1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's li'l land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This __ _ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. __ cake
32. __ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The __ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial Judge
56. Slang-style insult
57. Hammer _ __ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get _ __ Up" by John Mellencamp
63. Some vowels
64. "You Won't __ __" by The Beatles
65. Bananarama song: "Robert De __'s Waiting"
66. __. _, "The A-Team" star

Down
1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. __ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-__, Quebec
9. "Cough..."
10. The Who's "__ O'Riley"
11. Lucy Liu's 'Kill Bill' role, _-__ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog
17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variantly
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, __ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic
40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The __" (1993)
55. Folkie band, Bon __
59. CNN's Mr. Velshi
60. Built by a beaver

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8					4	9	2	
	5			8		3	1	
3			6					4
				6			5	8
		5				7		
2	9			7				
7					8			5
	4	9		3			7	
	6	8	1					3

Yesterday's Sudoku

1 MONTH FREE RENT
MetCap
756-758 KIPPS LANE
** Dishwashers & Ensuites Included
1 BR $619
2 BR $679
740-754 KIPPS LANE
1 BR $659
2 BR $719
Visit www.metcap.com for more information or call our rental office at 519-630-0249

metro
WHAT NOT TO WEAR
metro
News worth sharing.
Available anywhere.
Download the NEW Metro app today.